DALY CITY DOLPHINS AQUATICS CLUB
DCD WINTER HOLIDAY SPLASH C/B/A+ MEET
PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET
DECEMBER 14-15, 2024
Enter Online: http://ome.fastswims.com

ENTRY PRIORITY TO ALL Z1N CLUBS

SANCTION: Held under USA/Pacific Swimming Sanction **#24-157**
In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND PACIFIC SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.

NOTICE: By entering this meet, the Athlete or his/her guardian consents to the publication, via electronic, print or other media, information and/or imagery related to their participation at this meet. Such information and imagery may include, but is not limited to, photographs, video, web casting, television, psych sheets and live meet results. **The results of this meet may be posted in real time on the Internet on Meet Mobile.**

USE OF AUDIO AND VISUAL: Photography and video recording from behind the blocks or starting areas is prohibited unless prior permission is granted by the Meet Referee. Use of any audio or visual recording devices, including but not limited to film and digital cameras, cell phones and tablets, and Google Glass is not permitted in changing areas, rest rooms or locker rooms. Violation of this recording prohibition may result in ejection from the swimming pool facility by the Meet Referee or his/her designee.

MEET PERSONNEL: ***Meet Referee:*** **Kit Yan** ***Head Starter:*** **Sam Tang**
Meet Marshal: **Jonathan Lee** ***Admin Official:*** **Stephanie Kuang**
Meet Director: **Alec Sasano (alec@iswimdcd.com)**

LOCATION: Giammona Pool, Westmoor High School, 131 Westmoor Avenue, Daly City, CA 94015

DIRECTIONS: From South Bay: Take 280N to Daly City. EXIT 47 to Eastmoor Avenue/Pacifica. LEFT at lights onto Junipero Serra Blvd. LEFT onto San Pedro Road. San Pedro Road will immediately change to Eastmoor Avenue. Eastmoor Avenue becomes Westmoor Avenue. Continue straight up Westmoor Avenue. At the 4th stop sign, LEFT turn onto Edgemont Drive. Giammona Pool is on your left. Park on the street. 2nd parking option: At the 3rd stop sign, turn left into the main Westmoor High School parking lot. **From central San Francisco:** Take 280S. EXIT 48 / Sullivan Avenue towards Eastmoor Avenue. Keep LEFT to take ramp exit towards Eastmoor Avenue. LEFT onto Sullivan Avenue. Take 1st RIGHT onto Eastmoor Avenue. Eastmoor Avenue becomes Westmoor Avenue. Continue straight up Westmoor Avenue. At the 4 th stop sign, LEFT turn onto Edgemont Drive. Giammona Pool is on your left. Park on the street. 2nd parking option: At the 3rd stop sign, turn left into the main Westmoor High School parking lot. From Half Moon Bay: Take Hwy 1N. EXIT Hwy 35N/Skyline Blvd/Exit 508. Merge onto Skyline Blvd/Hwy 35N. RIGHT into Westmoor Avenue. RIGHT onto Edgemont Drive. Giammona Pool on your left.

Remember to “Curb Your Wheels” when parking on the hilly streets. Daly City PD will issue tickets for improperly curbed wheels. On Edgemont Drive and Westmoor/Eastmoor Avenue, park along the Westmoor High School Campus – opposite from the residential area.
Free Additional Parking: Westmoor High School Main Parking Lot. Entrance off Eastmoor Avenue. Look for the green and yellow lighted Westmoor HS marquee/sign.

Coaches’ & Officials’ Parking: Pool parking lot. Limited space available.

COURSE: Indoor, heated 25-yard pool with up to 8 lanes available for competition. An additional 2 lanes will be available for warm-up/cool down throughout the competition. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 7’0” at the start end and 7’10” at the turn end. The Meet Host shall ensure the required course dimensions.

TIME: Saturday and Sunday are split into Sessions “A” and “B”
Session A: 13 and Over, 11-12 Girls (Saturday & Sunday): 7:00-8:15 am warm up. Meet begins at 8:30 am.
Session B: 11-12 Boys, 10-and-Under Athletes (Saturday & Sunday): Warmup should be no less than 45 minutes after the conclusion of the AM session. PM session will begin one hour after the AM session finishes, but not before 11:30 AM.

RULES:

- Current USA and Pacific Swimming rules and warm-up procedures will govern the meet. A copy of these procedures will be posted at the Clerk-of-Course.
- The local facilities guidelines, restrictions and interpretation of the local public health guidelines shall be followed at this meet.
- All adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (“MAAPP”), and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition.
- All events are timed finals.
- All events will swim fast to slow.
- Athletes may compete in **a maximum of 4** events per day.
- All Athletes ages 12 and under should complete competition within four (4) hours.
- Entries will be accepted until the number of splashes exceeds the estimated timeline, per the “Four-Hour Rule,” based on the Athlete's age and gender.
- If local conditions warrant it the Meet Referee, with the concurrence of the Meet Director, may require a mandatory scratch down. Immediate cash refunds will be made for any mandatory scratches.
- **All Coaches and Officials must wear their USA Swimming membership cards in a visible manner.**
- All 400 IM & 500 Free athletes must enter a seed time (coach verified ok).
- All 400 IM & 500 Free athletes must provide their own timers and lap counters.
- First-Aid kits and an AED will be available on the pool deck. Further Medical support available via 911.

UNACCOMPANIED ATHLETES: Any USA Swimming Athlete-Member competing at the meet must be accompanied by a USA Swimming Member-Coach for the purposes of Athlete supervision during warm-up, competition and warm-down. If a Coach-Member of the Athlete’s USA Swimming Club does not attend the meet to serve in said supervisory capacity, it is the responsibility of the Athlete or the Athlete’s legal guardian to arrange for supervision by a USA Swimming Member-Coach. The Meet Director or Meet Referee may assist the Athlete in making arrangements for such supervision; however, it is recommended that such arrangements be made in advance of the meet by the Athlete’s USA Swimming Club Member-Coach.

RACING STARTS: Athletes must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start the race in the water. It is the responsibility of the Athlete or the Athlete’s legal guardian to ensure compliance with this requirement.

RESTRICTIONS:

- Smoking and the use of other tobacco products is prohibited on the pool deck, in the locker rooms, in spectator seating, on standing areas and in all areas used by Athletes, during the meet and during warm-up periods.
- Sale and use of alcoholic beverages is prohibited in all areas of the meet venue.
- No glass containers are allowed in the meet venue.
- No propane heater is permitted except for snack bar/meet operations.
- All shelters must be properly secured.

- Deck Changes are prohibited.
- Destructive devices, to include but not limited to, explosive devices and equipment, firearms (open or concealed), blades, knives, mace, stun guns and blunt objects are strictly prohibited in the swimming facility and its surrounding areas. If observed, the Meet Referee or his/her designee may ask that these devices be stored safely away from the public or removed from the facility. Noncompliance may result in the reporting to law enforcement authorities and ejection from the facility. Law enforcement officers (LEO) are exempt per applicable laws.
- Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, Athlete/Coach areas, Spectator areas and open ceiling locker rooms) any time Athletes, Coaches, Officials and/or Spectators are present.
- No personal tents/EZ-ups will be allowed on the pool deck. You are welcome to set up tents/canopies on the grounds outside of the building. Keep lobby entryways, access ways, passageways, doorways, and stairways clear of chairs, seats, bulky items, and bags per compliance with the Fire Marshall's orders. Items may be immediately removed upon discretion of the Meet Director and the Meet Referee.

ELIGIBILITY:

- Athletes must be current members of USA Swimming and enter their name and registration number on the meet entry card as they are shown on their Registration Card. If this is not done, it may be difficult to match the Athlete with the registration and times database. The meet host will check all Athlete registrations against the SWIMS database and if not found to be registered, Athletes shall be required to register online via USA Swimming's online member registration before being allowed to swim in the meet.
- Athletes in the "A" Division must have met at least USA Swimming Motivational "A" minimum time standard. Athletes in the "B" Division must have met at least the listed "B" minimum time standard. All entry times slower than the listed "B" time standard will be in the "C" Division.
- Entries with "NO TIME" will be ACCEPTED (Exception - 400 IM & 500 Freestyle, see rules).
- Entry times submitted for this meet may be checked against a computer database and may be changed in accordance with Pacific Swimming Entry Time Verification Procedures.
- Athletes with a disability are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding any special accommodations on entry times and seeding per Pacific Swimming policy.
- Athletes 19 years of age and over may compete in the meet for time only, no awards.
- The Athlete's age will be the age of the Athlete on the first day of the meet.

ENTRY PRIORITY: All Zone 1 North Clubs must enter online by Wednesday November 27th in order to receive priority acceptance into the meet. Surface mail entries must be postmarked by Monday, November 25th in order to receive priority acceptance to the meet. No Athletes other than those from a Zone 1 North Club may enter the meet until the preference period has concluded.

ENTRY FEES: $4.50 per event plus a $10.00 participation fee per Athlete. Entries will be rejected if payment is not sent at time of request. No refunds will be made, except mandatory scratch downs.

ONLINE ENTRIES: To enter online go to **http://ome.fastswims.com** to receive an immediate entry confirmation. This method requires payment by credit card. FastSwims charges a service fee for this service, 6.5% of the total Entry Fees plus $0.75 per transaction, regardless of number of Athletes. Please note that the service fee is a separate fee from the Entry Fees. If you do not wish to pay the service fee, enter the meet using a mail entry. Entering online is a convenience, is completely voluntary, and is in no way required or expected of an Athlete by Pacific Swimming. Online entries will be accepted through Wednesday, **December 4th, at 11:59 PM (pending the meet does not fill up sooner per the "Four-Hour Rule," see Rules above).**

MAILED OR HAND DELIVERED ENTRIES: Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with Athlete's best time. Entries must be postmarked by midnight, Monday, December 2nd or hand delivered by 6:30 p.m. Monday, December 2nd. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: Daly City Dolphins Aquatics Club

Mail entries to: Alec Sasano
P.O. Box 2881
Daly City, CA, 94015

Hand deliver entries to: Alec Sasano
Giammona Pool, 131 Westmoor Ave
Daly City, CA, 94015

CHECK-IN: The meet will be deck seeded. Athletes must check-in at the Clerk-of-Course. No event shall be closed more than 30 minutes before the scheduled start of the session. Close of check-in for remaining events shall be no more than 60 minutes before the estimated time of the start of the first heat of the event. Athletes who do not check in will not be seeded in the event.

SCRATCHES: Any Athletes not reporting for or competing in an individual timed final event that they have checked in for/entered shall not be penalized.

AWARDS: Ribbons For 1st thru 8th place for individual events in the A, B, and C divisions: 10-and-Under. No ribbons for athletes 11 and over. Standard "A" medals awarded to athletes achieving NEW "A" times in each event regardless of place achieved in the event. All awards to be picked up by coaches at the end of each session. Awards will not be mailed out.

ADMISSION: Free. A two-day program file (PDF) will be emailed to all club coaches prior to the meet.

SNACK BAR & HOSPITALITY: A snack bar will be available throughout the competition. Coaches and working Officials will be provided lunch. Hospitality will serve refreshments to timers and volunteers.

MISCELLANEOUS: No overnight parking is allowed. Facilities will not be provided after meet hours. Disobeying parking signs may result in a citation and a fine. All participating clubs are expected to provide lane timers based on the number of athletes registered to swim each day and session. Coaches/clubs will be notified of club timing lane assignments the Monday prior to the meet.

MINIMUM OFFICIALS: Clubs must follow Zone 1 North rules for providing officials. Each club must provide officials for each session according to the number of athletes entered in that session, following the table below.

Club Athletes entered in session	Trained and carded Officials requested
1-10	0
11-25	1
26-50	2
51-75	3
76-100	4
100 or more	5 or more (1 for every 25 athletes)

EVENT SUMMARY

SATURDAY				SUNDAY			
8 & UN	**9-10**	**11-12**	**13-18**	**8 & UN**	**9-10**	**11-12**	**13-18**
25 FL	200 IM	200 IM	200 IM	100 IM	200 FR	200 FR	200 FR
100 FR	100 FR	100 FR	100 FR	25 BR	100 IM	100 IM	100 BR
25 BK	100 FL	200 BR	200 BR	50 FR	100 BR	100 BR	200 BK
50 BR	50 BR	100 FL	100 FL	25 FR	50 FR	200 BK	50 FR
50 BK	50 BK	50 BR	200 FL	50 FL	100 BK	50 FR	100 BK
	500 FR	200 FL	500 FR		50 FL	100 BK	400 IM
		50 BK				50 FL	
		500 FR				400 IM	

ORDER OF EVENTS

Saturday December 14th AM Session		
EVENT #	**EVENT**	**EVENT #**
1	11 & Over Girls 200 IM	
	13 & Over Boys 200 IM	2
3	11 & Over Girls 100 Free	
	13 & Over Boys 100 Free	4
5	11 & Over Girls 200 Breast	
	13 & Over Boys 200 Breast	6
7	11 & Over Girls 100 Fly	
	13 & Over Boys 100 Fly	8
9	11 - 12 Girls 50 Breast	
11	11 & Over Girls 200 Fly	
	13 & Over Boys 200 Fly	12
13	11-12 Girls 50 Back	
15	11 & Over Girls 500 Free	
	13 & Over Boys 500 Free	16

Sunday December 15th AM Session		
EVENT #	**EVENT**	**EVENT #**
37	11 & Over Girls 200 Free	
	13 & Over Boys 200 Free	38
39	11-12 Girls 100 IM	
41	11 &Over Girls 100 Breast	
	13 & Over Boys 100 Breast	42
43	11 & Over Girls 200 Back	
	13 & Over Boys 200 Back	44
45	11 &Over Girls 50 Free	
	13 & Over Boys 50 Free	46
47	11 & Over Girls 100 Back	
	13 & Over Boys 100 Back	48
49	11-12 Girls 50 Fly	
51	11 & Over Girls 400 IM	
	13 & Over Boys 400 IM	52

Saturday December 14th PM Session		
EVENT #	**EVENT**	**EVENT #**
17	9-10 Girls 200 IM	
	9-12 Boys 200 IM	18
19	8&Under 25 Fly	20
21	10 & Under Girls 100 Free	
	12 & Under Boys 100 Free	22
	11-12 Boys 200 Breast	24
25	8 & Under 25 Back	26
27	9-10 Girls 100 Fly	
	9-12 Boys 100 Fly	28
29	10 & Under Girls 50 Breast	
	12 & Under Boys 50 Breast	30
	11-12 Boys 200 Fly	32
33	10 & Under Girls 50 Back	
	12 & Under Boys 50 Back	34
35	9-10 Girls 500 Free	
	9-12 Boys 500 Free	36

Sunday December 15th PM Session		
EVENT #	**EVENT**	**EVENT #**
53	9-10 Girls 200 Free	
	9-12 Boys 200 Free	54
55	10 & Under Girls 100 IM	
	12 & Under Boys 100 IM	56
57	9-10 Girls 100 Breast	
	9-12 Boys 100 Breast	58
59	8 & Under 25 breast	60
	11-12 Boys 200 Back	62
63	10 & Under Girls 50 Free	
	12 & Under Boys 50 Free	64
65	9-10 Girls 100 Back	
	9-12 Boys 100 Back	66
67	8 & Under 25 Free	68
69	10 & Under Girls 50 Fly	
	12 & Under Boys 50 Fly	70
	11-12 Boys 400 IM	72

***Athletes in the 400 IM/500 Free must have achieved a USA-S Motivational "BB" Time Standard for their gender.**
Coach Verified Times will be accepted.
Use the following URL to find the time standards: http://www.pacswim.org/swim-meet-times/standards

Pacific Swimming – Hosted by Daly City Dolphins
DCD C/B/A+ Meet
December 14 - 15, 2024
Consolidated Entry Form

Name: Last	First	Middle

Club Abbr.	UNATT TEAM ABBR	Club Name

Age	Date of Birth	Sex M F	LSC – (PC, SN)

USA-#														

Event #	Distance / Stroke	Entry Time	Circle one
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM

# of entries _____ x $4.50 = $_____
Participation Fee $ 8.00
Total $_____

Coach

Athlete's Address

Home Phone	Cell Phone

Email